



April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:15a DanceFit Mix 9:30a Silver Sneakers 5:30p Cardio Kick	1 8:15a Yoga w/ Katie	2 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND 9:30a Cycling*
5:00a H.I.R.T. 8:00a Yoga w/ Michele 5:30p DanceFit/Barre	5 5:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling*	6 5:00a H.I.I.T. 8:15a Muscle Works 5:30p Yoga w/ Katie	7 5:15a Cycling* 8:15a DanceFit Mix 9:30a Silver Sneakers 5:30p Cardio Kick	8 8:15a Yoga w/ Katie 8:30a Aqua Fitness	9 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND 9:30a Cycling*
12 5:00a H.I.R.T. 8:00a Yoga w/ Michele 5:30p DanceFit/Barre	13 5:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling*	14 5:00a H.I.I.T. 8:15a Muscle Works 5:30p Yoga w/ Katie	15 5:15a Cycling* 8:15a Cardio w/ Kathleen 9:30a Silver Sneakers 5:30p Cardio Kick	16 8:15a Yoga w/ Katie 8:30a Aqua Fitness	17 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND 9:30a Cycling*
19 5:00a H.I.R.T. 8:00a Yoga w/ Michele 5:30p DanceFit/Barre	20 5:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling*	21 5:00a H.I.I.T. 8:15a Muscle Works 5:30p Yoga w/ Katie	22 5:15a Cycling* 8:15a DanceFit Mix 9:30a Silver Sneakers 5:30p Cardio Kick	23 8:15a Yoga w/ Katie 8:30a Aqua Fitness	24 7:00a H.I.R.T. 7:30a Waisted 8:15a POUND 9:30a Cycling*
26 5:00a H.I.R.T. 8:00a Yoga w/ Michele 5:30p DanceFit/Barre	27 5:15a POUND 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion 6:30p Cycling*	28 5:00a H.I.I.T. 8:15a Muscle Works 5:30p Yoga w/ Katie	29 5:15a Cycling* 8:15a DanceFit Mix 9:30a Silver Sneakers 5:30p Tabata w/ Mary	30 8:15a Yoga w/ Katie 8:30a Aqua Fitness	

Plus Membership: Access to Gym, Pool at Troy Super 8 and **Unlimited** GX Classes with a 1-Year Contract. Price: \$35.95/Month plus tax.

Group Exercise Membership: **Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$29.95/Month plus tax.

Group Exercise Punch Card: Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55

***Cycling Class:** Pre registration Required - Drop-in: \$8/member; \$10/Non Member 10-Class Punch Card: \$70/Member; \$90/Non Member